

SMOKING AND YOUR LIFE—Alton Ochsner, M.D., Julian Messner, Inc., New York, 1964. 144 pages, \$3.00.

This monograph consists of 10 chapters which summarize sundry observations or opinions on the effects of smoking on the heart, the respiratory system, the digestion, sex and the brain. The latter section commences as follows:

"Heavy smokers are avid television watchers. Nonsmokers would prefer to read a book. People repeatedly unemployed smoke more than people who are steadily employed. And those in jobs requiring higher education are less likely to be smokers than unskilled laborers."

Nowhere is it pointed out that while there is a statistical association between excessive cigarette smoking and lung cancer, such association (as was stressed in the Report to the Surgeon General) does not establish proof of causation. Many students of the problem believe that the latter requires *medical* evidence. After almost 15 years of intensive and expensive inquiry no further evidence—clinical, experimental or pathological—has been produced and the presumption of some is that there is no such evidence. The chemical in tobacco smoke allegedly responsible for human cancer has never been isolated. Lees (himself a non-smoker) points out in the *Lancet* for June 20, 1964, page 1393, that lung cancer death rates in Great Britain at all ages under 55 have been declining over the past five years, despite the fact that the general population has unfortunately continued to smoke more and more. It certainly seems unlikely that one single extrinsic factor should be the sole cause of one form of cancer in a given exposed body system. Multiple factors, genetic, sex-linked and perhaps viral may well be concerned with the initiation and promotion of cancer and atherosclerosis.

Dr. Ochsner quotes portions of the work of Yerushalmy who studied the birth weight of infants born of patients who smoked, but unfortunately omits the pertinent portion which disclosed that while the children of smoking parents weighed less than those of nonsmoking parents, their perinatal mortality rate was actually lower than that of the "control" group.

This lucubration might be more cogent were the author to abjure excess of any type—eating, drinking and driving as well as smoking. Incidentally, this monograph first appeared in 1954 under the title "Smoking and Cancer"; then in 1959 it was called "Smoking and Health"; now it is "Smoking and Your Life." May we hope that the next edition (in 1970?) will be entitled "Smoking and Common Sense."

L. HENRY GARLAND, M.D.

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PRACTICAL PROCEDURES IN DIAGNOSTIC RADIOLOGY—H. M. Saxton, M.B., M.R.C.P., F.F.R., D.M.R.D., Consultant Radiologist, Guy's Hospital, London; and Basil Strickland, M.B., M.R.C.P., D.C.H., F.F.R., D.M.R.D., Consultant Radiologist, Westminster Hospital, London, and Consultant Radiologist, Brompton Hospital, London. Grune & Stratton, New York, 1964. 275 pages, \$8.75.

A very practical, small book has been written by the above-named authors which should find a very useful position in the library of any radiologic department.

It goes into considerable detail, primarily in the more complicated procedures exclusive of neuroradiology, but also in the less common procedures which one tends to forget from one examination to the next. This provides, therefore, not only a particularized description of well done radiologic procedure as performed in their institution but also a ready reference book.

Its only drawback is the use of British terminology for hospital equipment, drugs, etc., that offers temporary confusion. However, the book is well conceived, well written and well worthwhile.

R. L. SCANLAN, M.D.

POST-LUMBAR PUNCTURE HEADACHES—Wallace W. Tourtellotte, M.D., Ph.D., Associate Professor of Neurology, and Armin F. Haerer, M.D., Teaching Associate of Neurology, University of Michigan Medical School, Ann Arbor, Michigan; Grant L. Heller, M.D., Department of Neurology, Mount Sinai Hospital, Cleveland, Ohio; and John E. Somers, M.D., Clinical Associate in Medical Neurology, National Institutes of Neurological Diseases and Blindness, Bethesda, Maryland. With a Foreword by Russell N. DeJong, M.D., Department of Neurology, University of Michigan. Charles C Thomas, Publisher, Springfield, Illinois, 1964. 120 pages, \$5.50.

This small monograph first presents a comprehensive review of the literature with an excellent bibliography and concludes that the mechanism of post-lumbar puncture headache is the escape of cerebrospinal fluid through the needle hole in the dura. Second, it analyzes their own considerable experience with lumbar punctures in normal people, as well as in different diseases. They gave consideration to factors, such as age, sex, number of lumbar punctures, length of rest, whether resting prone or supine, experience of operator (student, resident or staff) and effects of drugs. It is of interest that the incidence of headaches, when the operator is a third-year resident, is 50 per cent, while it is only 27 per cent with a student or a staff member.

Having discussed the controversies regarding the cause and treatment, they concluded that at the present time the best way to prevent and treat the post-lumbar headache is by using a small-bore needle, avoiding multiple punctures, and perhaps by maintaining a strict recumbent regimen for 24 hours without cough and strain.

The value of this monograph lies in its comprehensive review of the literature and the model of their own investigation of post-lumbar puncture headache. This will be of particular interest to persons interested in the research of headache mechanisms. However, any physician who is responsible for a lumbar puncture cannot fail but be interested, though such a physician can rapidly abstract from this monograph the facts of value to him, by reading the well-prepared short summaries at the end of each of its chapters.

DONALD MACRAE, M.D.

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YEAR BOOK OF ANESTHESIA (1964-1965 YEAR BOOK SERIES)—Edited by Stuart C. Cullen, M.D., Professor and Chairman, Department of Anesthesia, University of California Medical Center, San Francisco. Year Book Medical Publishers, Inc., Chicago, 1964. 444 pages, \$8.50.

The Year Book series has provided one of the best solutions to the problem of most doctors in learning about advances of medicine being reported in many publications. The second Year Book of Anesthesia serves this purpose for anesthesiologists, and others interested in similar problems, by providing concise informative abstracts of the essentials from 316 articles originally published mostly in late 1963 and early 1964. Abstracts are indexed both by author and subject.

Subject matter includes not only technical, pharmacologic and physiologic information related to anesthesia but also information about special patient care such as shock, transfusion, cardiac arrest, hyperbaric oxygenation, renal function, etc. Tables and figures have been reproduced to present data in some abstracts. Many abstracts are followed by pertinent observations and evaluations by the author who has a world wide reputation in teaching, research and publication.

This book was published in November 1964. It should be useful for general informative reading by those interested in basic sciences as well as those interested in anesthesiology.

JOHN W. PENDER, M.D.